

# The Senior Scene

## Vistas de los Mayores



**Division of Senior Services**  
March 2008

**CITY OF SANTA FE, DIVISION OF SENIOR SERVICES****Administration Office****1121 Alto Street, Santa Fe, New Mexico****Patricia Rodriguez, Director****Front Desk Reception**

From Santa Fe 955-4721  
 From outside Santa Fe 866-824-8714

**Administration**

Patricia Rodriguez, DSS Director 955-4799  
 Ron Vialpando, DSS Assistant Director 955-4710  
 Mary Dean, Administrative Supervisor 955-4777  
 Gloria Polaco, Administrative Secretary 955-4721  
 Sadie Marquez, Reception 955-4741  
 Liz Williams, Reception 955-4733

**Nutrition**

Ron Vialpando, DSS Assistant Director 955-4710  
 Thomas Vigil, Program Administrator 955-4740  
 Yvette Sweeney, Administrative Assistant 955-4739  
 Carlos Sandoval, Inventory Supervisor 955-4749  
 Enrique DeLora, Inventory Specialist 955-4750

**Meals On Wheels**

Juan Apodaca, Program Supervisor 955-4748  
 Robert Duran, MOW Assessments 955-4747

**Senior Center Programming**

Lugi Gonzales, Center Program Manager 955-4711  
 M.E.G., Ventana de Vida  
 Christine Sanchez-Warren, Prog. Coordinator 955-4715  
 Luisa, Edgewood, Rio en Medio  
 Cristina Villa, Program Coordinator 955-4725  
 El Rancho, Santa Cruz, Chimayo  
 Carmen Chavez-Lujan, Prog. Coordinator 955-4754  
 Pasatiempo, Villa Consuelo

**50+ Senior Olympics/Health Promotion**

Carmen Chávez-Luján, Program Coordinator 955-4754

**In Home Support Services, Respite Care  
Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor 955-4745  
 Katie Ortiz, Clerk Typist 955-4746

**Senior Membership Registration**

Brenda Ortiz, Database Specialist 955-4722  
 Connie Valencia, Support Staff 955-4734

**Transportation Ride Reservations**

955-4700  
 Robert Chavez, Transportation Manager 955-4738  
 Fran Rodriguez, Transportation Dispatcher 955-4702  
 Linda Quesada, Administrative Secretary 955-4756

**Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin. 955-4761  
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

**Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Program Coordinator 955-4760  
 Cristy J. Montoya, Administrative Secretary 955-4743  
 FAX Machine - RSVP Office 955-4765

**Miscellaneous**

Lobby Area 955-4735  
 Craft Room 955-4736  
 Pool Room 955-4737  
 FAX Machine - Administration 955-4797  
 Conference Room 955-4757  
 FAX Machine - Nutrition 955-4794

**Newsletter Production**

Kristin Slater-Huff, Editor  
 Valerie Chelonis, Graphic Artist  
 Judy Valdez, Copy Editor  
 Donald E. Bell, Cover Photo

**CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.****CHIMAYO 351-4686**

Benny Chavez Community Center  
 Chimayo, New Mexico 87522

**EDGEWOOD 281-2515**

114 Quail Trail  
 Edgewood, New Mexico 87015

**EL RANCHO Community Center 455-2195**

P.O. Box 3860  
 Santa Fe, New Mexico 87501

**ELDORADO 466-1039**

Adam Senior Center, 16 Avenida Torreon  
 Santa Fe, New Mexico 87508

**LUISA 955-4717**

Kitchen 955-6898  
 1522 Luisa St. (enter from Columbia St.)  
 Santa Fe, New Mexico 87501

**MARY ESTHER GONZALES (M.E.G.) 955-4721**

1121 Alto St. Santa Fe, New Mexico 87501  
 MEG Kitchen 955-4751

**PASATIEMPO**

Kitchen 955-6433

664 Alta Vista St.  
 Santa Fe, New Mexico 87501

**RIO EN MEDIO Community Center 988-3053**

El Alto Lane  
 Rio en Medio, New Mexico 87506

**SANTA CRUZ 753-8598**

Abedon Lopez Community Center  
 Santa Cruz, New Mexico 87567

**VENTANA DE VIDA (Pacheco) 955-6731**

1500 Pacheco St.  
 Santa Fe, New Mexico 87505

**VILLA CONSUELO 474-5431**

1200 Camino Consuelo  
 Santa Fe, New Mexico 87505

# DIRECTOR'S REPORT

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## Dear Seniors,

The City of Santa Fe, Division of Senior Services, hosted a public hearing on the Older Americans Act and a related four-year Request for Proposal that is being developed. The public hearing was held on February 22, 2008, at 9:30 a.m. at the Mary Esther Gonzales Senior Center, 1121 Alto St. Notices of the meeting were posted as flyers at every senior center and in numerous locations around town, and notification was printed in the *New Mexican* newspaper.

The Older Americans Act was enacted by Congress in 1965 to ensure provision of social services to America's elderly population. The City's Division of Senior Services administers programs which provide a comprehensive social service delivery system for senior citizens in our community. The following program services are vital to our planning and implementation process:

- Home Delivered Meals
- Congregate Meals
- Assisted Transportation
- Respite (Alzheimer's) Care
- Home Maker Services (housekeeping, laundry, escort, etc)
- Volunteer Programs - Foster Grandparent Program (FGP), Senior Companion Program (SCP), Retired Senior Volunteer Program (RSVP)
- Non-Medical Personal Care (grooming, bathing, etc.)
- Durable Medical Equipment Loan Bank (walkers, wheelchairs, shower chairs, etc.)
- Caregiver Support and Grandparents Raising Grandchildren (counseling, training, information and access, supplemental support, etc.)
- Recreational functions (Senior Olympics, line dancing, exercise classes, etc.)

**The Public's input is crucial.** If you are homebound or if, for any other reason, you missed the public hearing in February, we want to hear your thoughts on what services are needed for Santa Fe's senior citizens. Please call Lugi Gonzales at 955-4711 with your comments or suggestions. Written comments are also encouraged and may be submitted to:

City of Santa Fe, Division of Senior Services  
Lugi Gonzales  
P.O. Box 909, Santa Fe, NM 87504-0909



I would like to extend a personal thank you to those individuals who participated in this critical process.

May God bless you all,

A handwritten signature in cursive script that reads "Patricia".

Patricia Rodriguez  
DSS Director

# SENIOR SERVICES PROGRAM INFORMATION

## Do you have a Senior Center Membership Card with Photo?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card. The card is white with the senior's photograph, emergency contact, medical conditions, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive vital funding for our programs.

If you do not have a card, please come get one. The card only costs \$2 and \$1 for a reprint. Please bring an emergency contact name and phone and the last 4 digits of your Social Security number.

If you have any questions, call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a Senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for meals only), **and must**
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

For individuals who currently possess a Senior Membership Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

**NOTE:** Cards are not official identification.

## SENIOR MEMBERSHIP CARD SCHEDULE FOR MARCH 2008

M.E.G. Center	Tuesdays	March 4, 11, 18, 25	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	March 6, 13, 20, 27	9:30 to 12:00 & 1:30 to 3:00
Edgewood Center	Monday	March 17	11:00 to 1:00

## SENIOR TRANSPORTATION INFORMATION

Senior Cost: Seniors age 60 or over .50¢ suggested donation per ride (one way trip)

Safe Ride: If you are under 60 and ADA certified, you must contact Annette Granillo in Transit at 955-2002 for transportation services. If you are 60 or over and use a wheelchair, you may contact Annette or call Senior Services Transportation at 955-4700. Under 60, but ADA certified, \$2.00 required fee per ride (one way trip).

Schedule: Rides are available 8:00 a.m. to 4:30 p.m. Monday through Friday.

**Rides for medical appointments are given top priority over all other rides.**

On the third Tuesday of every month (March 18), rides for commodity pick-up, medical appointments, and lunch at senior centers will be given priority. Other ride requests will be accommodated if possible. Transportation will close at 1:00pm on February 5<sup>th</sup> and 12<sup>th</sup> so staff can participate in a mandatory CPR and First Aid training. Last pick-up at noon. Medical appointments and lunch run only.

Contact: Call 955-4700 for all ride reservations.

Ride reservations must be made **at least 24 hours in advance**, before 4:00 p.m.

Ride reservations for medical appointments should be set as soon you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

# NEWS & VIEWS

## They will be missed...

**Edward V. Rico**, 86, of Santa Fe died Saturday, February 2<sup>nd</sup> peacefully at Casa Real Healthcare facility.

Mr. Rico volunteered as a Foster Grandparent for two years, enjoying every minute of it. He recently volunteered at Alvord Elementary where the students loved their "grandpa", and even visited him at the hospital, presenting him with gifts and cards every time.

Mr. Rico will be greatly missed, especially his great sense of humor and his polite smile.



**Tessie M. Cordova** passed away February 7<sup>th</sup>, surrounded by her relatives. She left behind a large and loving family, including her son Fidel, a long-time cook with the Division of Senior Services. Fidel moved in to care for his mother every moment he was not at work, for the last years of her life.

Tessie was a member of La Union Protectoriva and Santa Fe Senior Centers and will be missed by many people.



On Saturday, February 2<sup>nd</sup> the residents of Luisa housing lost one of their old timers. **Gus Psimoganis** loved classical music, books, and especially cats. He always said that cats were kinder and more loving than humans.

The Luisa homeless cats miss you, as do your neighbors, Gus.



## Macular Degeneration Informational Support Group

Next meeting will be held on Tuesday, March 4<sup>th</sup> at 2:30 to 4:00 p.m. in the De Vargas Shopping Center Community Room.

For more information call 983-9640.

## Chimayo Chile Project Presentations

The Benny Chavez Senior Citizen Center will host presentations on Chimayo chile. Each presentation runs from 11:30 to 12:30. Participants will receive door prizes (small farm tools and other goodies). A free lunch ticket and Chimayo chile seeds will be given to farmers who enroll in the project. Enrollment is open to all Northern New Mexican farmers and gardeners.

Presentation dates and subjects:

March 4<sup>th</sup>: Trademark Certification; what does that mean and how does it work.

March 18<sup>th</sup>: Setting up a farm cooperative; basics of incorporating into a co-op.

March 25<sup>th</sup>: Natural Secrets to a Pest-Free Chile Field, learn natural ways of keeping the weeds and bugs from taking over your chile field without using chemicals and pesticides.

April 1<sup>st</sup>: How to Setup an Organic Chile Farm; ideas in creating compost piles, using rain barrels, and other tricks to setting up a healthy farm.

April 8<sup>th</sup>: Joanie Quinn, Organic Commodity Commission, will present basics of what you need to do to get organic certification for your farm.

For more information contact: (505) 983-2112, email: [nhi@mindspring.com](mailto:nhi@mindspring.com) or go to <http://www.nativehispanic.com>

## "Good Morning!!"

(Submitted by Gloria Polaco –  
Used in a 1975 Senior Services Newsletter)

*What a lovely way to open up a brand new day!*

*Not knowing what that day may hold-*

*A sun of tinsel or of gold-*

*The phrase embraces in its scope*

*The whole of man's eternal hope;*

*His faith – of every soul a part;*

*The love that lives in every heart.*

*"Good morning- and a Good Today!*

*May all things happy come your way;*

*And may the light of this new dawn*

*Find all your cares and worries gone."*

*So much the simple words convey –*

*"Good morning – It's a lovely day!"*

# NEWS & VIEWS

## Farewell, Liz!

Liz Williams has been a familiar face behind the front desks at the Mary Esther Gonzales Center for several years. She has assisted hundreds of seniors, answering thousands of phone calls and countless questions. She also did many tasks behind the scenes to make life better for us all.



Unfortunately for us, Liz was asked to take a job with the Area Agency on Aging and she was ready for the new challenges.

So, we wish her farewell and good luck in her future endeavors and hope that she finds time to visit us, once in a while.

## Call for Entries 2008 City Different Poster Competition

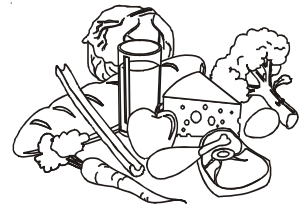
The City of Santa Fe Arts Commission announces a call for entries for the 2008 City Different Poster Competition. Santa Fe artists are invited to submit a two-dimensional work of art suitable to be featured as the City's annual poster. All entries will be judged on artistic quality and their ability to effectively represent, market and promote Santa Fe as a creative city. The winning artist will receive \$1,000 and 250 posters.

The City poster is a marketing tool for the City and the winning artist. The deadline for receipt of entry forms is Monday, April 7, 2008. Artworks must be delivered to City Council Chambers, 200 Lincoln Avenue, between 8 a.m. and 10 a.m. on Friday, April 11, 2008 for the judging. Participating artists are invited to have their artworks exhibited in City Hall from April 11<sup>th</sup> to May 16<sup>th</sup>.

Entry forms are available at 125 Lincoln Avenue, Suite 100. For more information or to request an entry form contact the Arts Commission at 955-6707.

## ECHO Commodities Food Distribution

Commodities are given to eligible seniors (age 60 and over) at the Santa Fe County Extension Building, 3229 Rodeo Road, on the third Tuesday of every month from 9:30 to 1:30.



The next distribution date is March 18<sup>th</sup>.

To find out if you qualify, call their office in Albuquerque at (505) 242-6777.

## Senior Olympics Notes

Come and register for the 30<sup>th</sup> Annual Santa Fe Senior Olympics at the Mary Esther Gonzales Senior Center at 1121 Alto Street, registration is ongoing, between 9:00a.m. and 4:00p.m. every Monday through Friday until March 12<sup>th</sup>.

Please be aware that cash will not be accepted this year. Please bring your registration payment of \$20 (which includes a Senior Olympics T-shirt) in the form of a check or money order made out to S.A.C. (the Senior Activity Corp., a 501c3 organization). For more information about Senior Olympics, call 955-4721.

If you are interested in air rifle/pistol matches, please contact Bill Black at (505) 757-6044 to schedule yourself for a relay. Air Rifle relays are on March 4<sup>th</sup> and air pistol relays are on March 5<sup>th</sup>.

## Poison Prevention Presentation

March 16-22, 2008 is National Poison Prevention week. Ina Bawaya, Public Health Educator with the New Mexico Poison and Drug Information Center, will speak on *Poison Prevention for Seniors* March 19<sup>th</sup>, 2008 at 9:00 a.m. at the Mary Esther Gonzales Senior Center.

Topics to be discussed include types of poison, medication safety, the Vial of Life program, and tips for poison prevention.

For more information, call 955-4760.

# NEWS & VIEWS

## Incremental Spring-Cleaning

(Submitted by Edgewood Senior Simon Arzigian)

Spring is finally here so we can all rejoice and be glad to be free from winter's cold grip. It is a time to enjoy the outside fresh air again. Spring brings thoughts of blooming flowers, warm sun on the face, preparations for the end of the school and plans for vacations. Spring is also on the right side of the calendar with the days getting longer each day.

Along with all those pleasant thoughts there is the dreaded thing called spring-cleaning. What is it about humans who have a compulsion to clean the house from top to bottom? Is it because winter has prevented doing certain jobs? Maybe it is a desire for renewal, a wish to start with a clean slate, so to speak. Just as the earth renews itself with the greening of the landscape and the blooming of trees and flowers, humans seem to want to do so with their spring-cleaning.

Some individuals take spring-cleaning very seriously and literally turn the house upside down and try to accomplish everything as quickly as possible. As a result they are exhausted at the end of the day. Thus, spring cleaning for them is a dreaded job but one that they feel has got to be done.

I agree that spring-cleaning is probably a necessary thing. At spring time many publications offer advice on how best to accomplish this task. I would like to add some additional advice, which might alleviate some of the drudgery.

For some time I have been promoting a concept of house cleaning intended to ease the cleaning burden: I call this concept "incremental house cleaning." Living by myself, and responsible for cleaning my living space, I use that method exclusively. I intersperse tasks requiring physical exertion with those which are less taxing. Also, I do not try to do too much in any one day. By doing the cleaning over a period of time, the entire house is cleaned and I have not been overly exhausted in the process. Continuing this process throughout the year eliminates the need for "spring-cleaning".

Before you start your spring-cleaning, make yourself a cup of tea, sit down and relax, and reflect on how incremental house cleaning will make your life a little easier.

## Our Gratitude to Don Bell

Donald E. Bell is a member of our senior community to whom we owe a great deal. He serves or has served as a volunteer on the Senior Board of Directors (as a member and as Chairman) as well as on the DSS Travel, S.A.C., Transportation, and Nutrition Committees.

But, he is also one of our main photographers at Senior Services. He documents our events and shares photos he's taken around New Mexico. He even shot the photo on the cover of this newsletter.

So, if you see a gentleman with a silver ponytail aiming a camera at you, please smile and tell him "thanks."

## Widows' and Widowers' Guide

"Coping with the death of a spouse can be devastating on so many levels. You are dealing with grief, depression and maybe even anger while simultaneously being confronted by a change in financial and legal circumstances (for better or worse) and decisions on how to re-form your life without your loved one...Take courage. Be strong. One of these days, you will feel good again and once again in control of your life. May that day come soon for you."

So starts this legal, financial and emotional handbook. The book goes on to give information and advice on issues from dealing with Social Security and filing insurance claims to developing a financial plan, filing taxes, reverse mortgages and alternative living options.

*The Widows' and Widowers' Guide: Legal, Financial and Emotional Help for your Difficult First Year*, is a free publication of Nystrom & Associates and is available by calling 473-9572.

## Good Friday

Friday, March 21<sup>st</sup> all Senior Centers will close at noon. No congregate meals – Meals on Wheels only. Transportation will run 8:00 to 11:30 only.

## Daylight Savings Begins

On March 9<sup>th</sup>, turn your clock ahead one hour. Also, change the batteries on your smoke detectors.

# NEWS & VIEWS

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## Tax Aide Santa Fe

Attention all seniors:  
They will prepare your income taxes for Free!  
Through April 15, 2008

Appointments are not necessary.  
First come, first served.

**Santa Fe Community College, Fitness Center 2<sup>nd</sup> Floor**  
Mon.-Fri. 9:00 to 5:30 and Sat. 9:00 to 2:00  
And at  
**New Mexico Taxation and Revenue Dept**  
1200 St. Francis Drive, Santa Fe  
Mon. - Fri. 10:00 to 2:00

Anyone in New Mexico with income less than \$22,000 will get State refunds.  
If you have not filed previously for this rebate, we will do the past 3 years for you.  
If you are over 65, rebates can exceed \$300 per year.

In order to get the most refund possible, you should bring the following:

**Photo ID**

**Social Security Cards** for parents and children

**W-2 year-end wage forms** from each job for each person

**If you work for yourself-** all the income and expenses from your work

**Interest or dividends received.** You should bring the 1099 form from the bank.

**Social Security** year-end statements

**Unemployment** the W2-G form from the Labor Dept.

**Gambling-** Bring the 1099 ticket you got when you won and a list of all other bets paid in

**Pensions-** Bring the 1099-R form you received

**Child Care-** you must bring the amount paid, name address and tax number of the care provider

**Medical Expenses-** You can deduct what you paid. Total them up, and you will always owe less to the state and sometimes less to IRS

**Mortgage Interest and Property Taxes-** Bring the 1098 form from your bank and your tax bill

**Charity Donations-** Bring a list of everything you gave away with receipts for anything over \$500.

**Direct Deposit-** Bring a blank check or savings account deposit slip to get the refund 2 wks faster

Peter Doniger, District Coordinator AARP Tax Aide in Santa Fe

Cell 670-6835 or SFCC 428-1780 or email [taxhelpsf@comcast.net](mailto:taxhelpsf@comcast.net) or go to [www.taxhelpsf.org](http://www.taxhelpsf.org)

## AGENCIES THAT CAN HELP YOUR FAMILY AGENCIAS DÓNDE OBTENER AYUDA

*Please call first before going to these agencies./ Por favor, llama a las agencias antes de visitarlas.*

<b>FOOD/COMIDA, ALIMENTOS</b>
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**1. FOOD FOR SANTA FE: 1222 Siler Road, Santa Fe, NM**

This agency gives one bag of perishable groceries for the family every Thursday, from 7:00 am – 9:00 am./ Esta agencia otorga una bolsa de comida. Abierto solamente los jueves en la mañana desde las 7:00AM a las 9:00AM.

**2. FOOD DEPOT: 471-1633. 1222 Siler Road, Santa Fe, NM**

Open from 9 am – 3 pm./ Abierta desde las 9.00 AM hasta las 3.00PM

Food Depot, Food for Santa Fe y Kitchen Angels are all in the same building/ están ubicados en el mismo edificio.

**3. BIENVENIDOS: 986-0583, 1511 Fifth Street, Santa Fe, NM**

Open from 10:00 am – 4:00 pm, Monday through Friday and can help your family with food, school supplies and clothing. On Tues., Wed. and Thurs. From 1:00 pm – 3:30 pm, you can receive a box of food. They also serve free lunch at Ashbaugh Park on Cerrillos Road every Sunday at 12:00 noon.

Este programa les ayuda con comida, ropa y utiles escolares. Abierta desde las 10:00AM hasta las 4:00PM de lunes a viernes. Este programa también ayuda con una caja de alimentos en martes, miércoles y jueves desde la 1:00PM a las 3:30PM. Se requiere verificar la dirección. Se sirve almuerzo cada domingo a las 12:00PM, en Ashbaugh Park.

**4. ST. JOHN'S UNITED METHODIST CHURCH: 982-5397, Cordova Road and Old Pecos Trail** They give a bag of groceries to each family on Mondays or Thursdays from 10:00 am – 12:00 pm./ Este programa da una bolsa de alimentos para familias cada lunes o jueves desde las 10 am hasta el mediodía.

**5. ST. JOHN THE BAPTIST CATHOLIC CHURCH SOUP KITCHEN: 984-3118, 1301 Osage** Serves free lunch Monday through Saturday, from 11:30 am – 12:30 pm.

Se sirve almuerzo gratis desde lunes hasta sábado, desde 11:30 am hasta 12:30 pm.

**6. ST. VINCENT DE PAUL: 989-8328, 1088 Early Street, Santa Fe NM.**

Helps with food, emergency funds and clothing. Open Monday through Friday, from 1:00 pm – 4:30 pm – talk with Brother Steve and bring your children.

Esta agencia le puede ayudar con comida, fondos para emergencias y ropa. Hable con el hermano Steve, desde lunes a viernes, de la 1:00Pm hasta las 4:30PM. Lleve a sus niños.

**7. SALVATION ARMY: 988-5715, 525 West Alameda St. Santa Fe, NM**

Breakfast/ Desayuno : 8:00 am; Dinner/Cena: 5:00 pm, Mon. through Fri./ Lunes hasta Viernes. To obtain help with food, clothing and furniture, call to make an appointment.

Tiene que llamarlos y hacer una cita para obtener comida, ropa y muebles.

**8. FAITH AT WORK: 471-6323 – LIHEAP (Low Income Heating Assistance Program)** Provides food, clothes, help to find housing and other resources. Call first -- by appointment only./ Proveer comida, ropa, ayuda para encontrar hogar y otros recursos. Primero, debe llamarlos – necesita una cita.

## LEGAL ASSISTANCE/ ASISTENCIA LEGAL

1. **NEW MEXICO LAW ACCESS: 1-800-340-9771** free call/llamada gratis
2. **NEW MEXICO LEGAL AID: 1-800-373-9881** free call/llamada gratis

## FUNDS FOR GAS AND ELECTRICITY/ FONDOS PARA CASA, GAS, ELECTRICIDAD

1. **St. VINCENT DE PAUL: 989-8328, 1088 Early Street, Santa Fe NM.**  
Talk with Brother Steve. Habla con el hermano Steve.
2. **FAITH AT WORK: 471-6323 – LIHEAP (Low Income Heating Assistance Program)**  
This is a state program and someone in your family needs to be a legal resident in order to complete an application. / Es un programa del estado de NM. Una persona de su familia necesita tener residencia legal para llenar la aplicación.
3. **OPEN HANDS: 428-2320**
4. **PNM GOOD NEIGHBOR FUND (SALVATION ARMY): 988-5715** Leave a message and they'll return your call./Deje un mensaje y ellos van a llamarle Ud.

## MEDICAL SERVICES/SERVICIOS MÉDICOS

1. **HEALTH CARE FOR THE HOMELESS / SERVICIOS SALUD PARA LAS PERSONAS SIN HOGAR: 988-1742, 818 Camino Sierra Vista** For children and adults, free or low cost sliding scale/ Para adultos y niños, gratis o costo basado en el sueldo.
2. **LA FAMILIA MEDICAL CENTER/ LA FAMILIA CENTRO MEDICO: 982-4425 1035 Alto Street and 2145 Caja del Oro Grant Road** 2 locations, low cost sliding scale/ 2 lugares. Costo basado en el sueldo.
3. **VILLA THERESE CLINIC/ LA CLINICA VILLA TERESA: 983-8561, 219 Cathedral Place** Located behind St. Francis Cathedral downtown, cost \$10/Localizado atras de St. Francis Cathedral en el centro; precio \$10.
4. **PLANNED PARENTHOOD: 982-3684, 514 Oñate Place** Family planning, women's health and birth control/control de la natalidad, salud de las mujeres y planificación familiar
10. **PMS DENTAL VAN: 473-0540** For dental work/ Una camion para salud dental
11. **SANTA FE COUNTY INDIGENT FUND: 992-9850** Help with paying hospital bills./Les ayudan a para los cuentos del hospital.

Please send information on new resources for this list to [gherling@sfps.info](mailto:gherling@sfps.info). or call SFPS ¡ADELANTE! Program for Homeless Students at 467-2571. Thank you.  
Por favor, darnos información de otros recursos nuevos por correo electrónico al [gherling@sfps.info](mailto:gherling@sfps.info) o llame al 467-2571, el Programa ¡ADELANTE! para los estudiantes sin hogar. Gracias.

# LEGAL & CONSUMER INFORMATION

## Offers of Easy Credit lead to Big Trouble for many Senior Citizens

Senior citizens are unfortunate targets of easy-credit offers. It is not uncommon for them to receive 30 or more pre-approved credit card solicitations through the mail each year. Some include a check for \$5,000 to \$10,000 as an advance against their credit limit. All that is required is to deposit or cash the check. Simple enough until the payments are due.

For many senior citizens living on a fixed income with little savings and the need to pay medical expenses or make home repairs, this offer of instant cash can seem like a blessing. But it can lead to big trouble!

These offers take advantage of seniors by promoting a low introductory rate like 4.9% and then in the hard-to-read small print they disclose that the rate will adjust up as high as 24%. All that most senior citizens can afford to pay each month is the minimum payment, with very little of that going to reduce the balance. Seniors can find themselves making payments the rest of their lives. So, what started off as a blessing quickly turns into a nightmare. Increasing numbers of seniors are filing bankruptcy to escape their growing debts.

For many seniors, there is another option. A Federally-Insured Reverse Mortgage enables homeowners age 62 and older to turn part of their home's value into immediate cash for any purpose, and with no repayment for as long as they live in their home: a program designed to help seniors maintain their independence and stay in their home. Since there are no monthly payments, there is never any risk of losing the home. With five plans to select from, senior homeowners may customize their reverse mortgage to best meet their needs.

Unlike high-interest credit cards or consolidation loans, the reverse mortgage program offers a very low interest rate. Past credit history and income are not used in qualifying for the program, and the money received is tax-free and does not affect Social Security or Medicare benefits. The extra money they receive can be used for medical expenses, home repairs, or to put in savings to meet unexpected financial needs.

Seniors may use this money to pay off debts or an existing mortgage to eliminate the payments. If they have a mortgage, the proceeds must first pay off their existing loan and then the balance can be taken as monthly payments to them, a line of credit, or as a lump sum. They can leave the house to their heirs, but the outstanding loan balance needs to be paid back. They can either sell the house or refinance it with a regular mortgage. Any monies left over after paying the loan goes to the heirs. The borrowers have to balance improving their quality of life now, versus leaving more money to their heirs.

Once senior citizens start taking on credit card debt they quickly find themselves trapped. Their monthly payments decrease the money they have to live on, causing them to fall deeper and deeper into debt. Some even find themselves using one credit card to make the payments on another. With a reverse mortgage they have no monthly payments to worry about, so they are able to get the money they need without falling into a trap. Plus, seniors retain ownership and control of their home. "It's smart money for many senior homeowners!" said John Ruybalid, Reverse Mortgage Specialist with Quest Mortgage in Santa Fe.

For a free brochure about reverse mortgages, call John at 505-690-1029.

## Protect Yourself from Check Scams

(Office of the Attorney General)

If you are asked to cash a check, to wire money or send a money order to an unknown person, assume that it is a scam.

If you deposit a check that you received from an unknown person or organization, do not draw on the funds at all until the check has actually cleared the bank and the bank says the funds are available.

If you receive an e-mail about winning a lottery, you can file a complaint through the Federal Trade Commission at [ic3.gov](http://ic3.gov) (internet crime complaint center).

For more information, call 827-6000 or go online to [www.ago.state.nm.us](http://www.ago.state.nm.us)

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS

*The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired and Senior Volunteer Program office, at 955-4760 or email [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov). RSVP staff will enroll you in RSVP, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts and mailings while we set you up in the volunteer job(s) of your choice.*

### American Red Cross

One of the varied programs the American Red Cross offers is Health and Safety education. This includes CPR and First Aid training, plus disaster preparedness. Every year the Red Cross trains hundreds of citizens in the Santa Fe area on the basic skills that can help save a life in the event of a medical emergency. The classes are designed to be easy to understand and there is plenty of 'hands on' practice.

The Red Cross office in Santa Fe is looking for a volunteer who can help our Health and Safety department. The job tasks require a person to be comfortable with data entry. Their course and instructor records are kept on a database that is not overly complicated, but involves several steps to input information. The volunteer could come in once or twice a week for two or more hours per session, to input course records. Training on this database will be provided.

### Literacy Volunteers of Santa Fe

Give the gift of literacy to some of the many students waiting for tutors. Your knowledge of basic literacy skills, their training, and a commitment to tutor a few hours a week for 9 to 12 months are all you need. Next trainings are **March 13<sup>th</sup>** for English as a Second Language and **April 10<sup>th</sup>** for Basic Literacy.

### CASA

Abused children need your help. Join 80+ volunteers of the Court Appointed Special Advocates (CASA) program who serve abused and neglected children in Santa Fe, Los Alamos and Rio Arriba counties. Foster children need your voice, both in and out of the courtroom. No special experience needed, just heart and the will to make a difference, and a few hours a month. Application and background checks required. Training starts **March 19<sup>th</sup>** in Santa Fe.

Guess what? A volunteer from Junior Achievement came to my class! We talked about how people live and work together in a family. I'm learning how work helps me get the things I need and want. I can hardly wait to learn more!

### Jr. Achievement

Give kids 2 hours a week for 5 weeks, and you can help create junior achievers! Jr. Achievement (J.A.) uses hands-on experiences to help young people understand the business of life, opening their minds to their potential and preparing them for the workplace.

The next training will be held on **March 12<sup>th</sup>** (although individual trainings can be arranged). Volunteers will learn the basics of how to share this exciting program with children and each will receive a colorful, complete set of course materials. Then you will select a school and agree with the teacher on a weekly class time for you to go in. You'll prepare for about an hour before each class and then teach a lesson once a week for 5 weeks.

The delightful and rewarding "Our Families" program guides the youngest children through the differences between Needs and Wants by focusing on the roles people play in their local economy.

Our local J.A. office is looking for volunteers in the following schools: All grades at Pecos Public Schools, grades K – 6 at Eldorado, Wood Gormley, Piñon, Kaune, and Nava Elementary Schools, and Ortiz Middle School, Grades 7 & 8.

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## Time Sheet Reminder

RSVP volunteers, please remember to turn in a record of the hours you volunteered in January, February and March by March 28<sup>th</sup>.

As always, you may mail them to RSVP at PO Box 909 Santa Fe, NM 87504, or fax them to 955-4765, or email them to Cristy at [cjmontoya@santafenm.gov](mailto:cjmontoya@santafenm.gov) or you may drop them off at the Luisa or Mary Esther Gonzales Senior Centers.

Thanks!

"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever."  
— UN Secretary-General Kofi Annan

## Active RSVP Volunteers

Once again, we are celebrating all of April as *Volunteer Recognition Month* for Santa Fe RSVP volunteers! So, if you have been turning in volunteer hours (or if you come in and sign up with us now) you will find an invitation in your mailbox later this month. We are offering you a variety of activities and events to let you know just how much we appreciate you!

## New Program Policy

For any RSVP volunteer who works with children or frail or homebound folks, we are now mandated to have a criminal background check done on you. It just takes a moment and we can have it done at the MEG Senior Center where we have a Notary Public. Or, we can try to meet you elsewhere if you can't get to MEG.

If you fit into that category, please call Kristin at 955-4760 and we can arrange a time.

We appreciate your help in compliance with this new rule.



The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of

## MARCH

Josephine Bassett	3/1	Flossie Montoya	3/14
Stella Gonzales	3/1	Matilda Romero	3/14
Diana C. Martinez	3/2	Carole Van	3/14
Alfredia Quick	3/2	Vaulkenburgh	
Phyllis Rapagnani	3/2	Carol E. Keiser	3/15
Casimiro Quintana	3/4	Sarah E. Konopka	3/15
Amelia Vigil	3/4	Roberta V. Leeds	3/16
Barbara E. Mason	3/5	Annie L. Sandoval	3/18
Gloria P. Holladay	3/6	Sandi Costick	3/19
Robert J. Montalvo	3/7	Josie Fernandez	3/19
Tommie Trujillo	3/7	Simon Arzigian	3/20
William A. Morrison	3/8	Helen M. Foster	3/20
Mary Rael	3/8	Bernie Jaramillo	3/21
Andres V. Romero	3/8	Nancy N. Robbins	3/21
Nick Farley	3/9	Larry Lemmon	3/25
Mary V. Martinez	3/9	Arthur Mascarenas	3/25
Toni M. Martinez	3/10	Cecilia Griego	3/26
Juliana	3/10	William Starkovich	3/26
McCluggage		Kay Wille	3/27
Clara Patron	3/10	Juan Gallegos	3/28
Anna V. Trujillo	3/11	Consuelo Medina	3/28
Margaret Gonzales	3/12	Ramona Ruybalid	3/28
Suzanne A.	3/12	Nancy A.	3/29
Shaw-Chavez		Benavidez	
William Gilmore	3/13	Larry Padilla	3/29
Gerald Heggen	3/13	Waldo Anton	3/30
Dave McQuarie	3/13	Patricio A. Garcia	3/31
David C. Zerbst	3/13	Jindra Kalus	3/31
Terri C. Gonzales	3/14	Becky Runer	3/31
Carmen Marquez	3/14		

## FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS



Margaret Chavez is one of our loyal volunteers serving in the Edgewood area. She has been a Senior Companion volunteer for three years. She is also an active volunteer at the Edgewood senior center where she assists with the painting and ceramic classes and she also helps out wherever needed. She has become quite the avid painter and some of paintings are beyond expert quality! She particularly enjoys being a Senior Companion because not only does she assist her clients on a daily basis, they also become like a relative to her and adopt her as part of their family. She doesn't have any relatives in the Edgewood area and is grateful to be a part of the Senior Companion Program. Before becoming a member of the program, she worked as an education assistant in Edgewood.

Margaret was born and raised in Valencia, New Mexico and has also lived in Grants, New Mexico where her husband worked in the mines. After 20 years of living in Grants, the mines closed down and they decided to move to Edgewood, where they fell in love with the area. She mentions that when they first moved to Edgewood, it was bare country but all of a sudden it is growing very fast. In the near future, they expect a Wal-Mart, a movie theater and new restaurants! She has lived in Edgewood for over 22 years and she loves it.

Margaret has two sons and four grand kids – three boys and one girl. She is proud to mention that one of her sons is in the Air National Guard and recently spent time in Iraq. Her other son is a Sergeant with the New Mexico State Police. She is very proud of her sons and has every right to be!

When Margaret is not spending time with her clients or volunteering at the Senior Center, she finds time to baby-sit for her grandchildren. She can often be seen at any trainings or workshops that the program has to offer. She enjoys learning and expanding her knowledge whenever possible.

Thank you Margaret for always assisting those who need friendship and caring in the rural areas of Edgewood.

### In-Service Training

On Wednesday, March 19, 2008, at 9:30 a.m. at MEG, we will have a presentation on poison prevention by Salud, U.N.M. Poison Center. The week of March 16-22 is Poison Prevention Week and they will educate us on how to keep safe when dealing with prescriptions and other potential poisons. FGP/SCP volunteers are not required to volunteer their regular schedule and should plan on attending this important meeting.

### Training Opportunity

The New Mexico Commission for Community Volunteerism's 10<sup>th</sup> Annual Governor's Spotlight on Volunteers Conference will be held on **Friday, April 25** at the Hotel Albuquerque in Albuquerque, New Mexico. This is a day filled with workshops and speakers. All FGP & SCP volunteers are invited to attend this one day conference. Transportation, registration fee and lunch will be provided. A more detailed schedule will be available in early March.



The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of March.

Michele Chrabot	3/2
Isabel Perea	3/5
Pablita Baca	3/17
Helen Lucero	3/25

# ACTIVITIES *schedule by center*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	<b>CHIMAYO</b> Monday Tuesday Wednesday Thursday	1:00 pm 1:00 pm 1:00 pm 1:00 pm	Exercise (Class) Wood/Straw Tai Chi Karate Line Dancing (Beg) Ceramics Sewing Open Crafts	<b>PASATIEMPO</b> Mon./Wed./Fri. Wednesday Thursday Tuesday Tuesday Thursday Friday Friday	10:00 am 9:30 am 9:00 am 9:30 am 12:00 pm 1:00 pm 1:00 pm 1:00 pm
Board Games Ceramics (Beg.) Ceramics (Adv.) Exercise Bingo Art Technique Crochet/Embroidery	<b>EDGEWOOD</b> Mon. thru Fri. Monday Tuesday Tuesday Tuesday Thursday Friday	10:00 am 1:00 pm 1:00 pm 10:30am 12:30 pm 1:00 pm 12:30 pm	Art Exercise Liquid Embroidery Ceramics Bingo	<b>RIO EN MEDIO</b> Tuesday Wednesday Wednesday Wednesday Wednesday	10:00 am 9:30 am 10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Shopping/Errands Ceramics	<b>EL RANCHO</b> Mon./Wed. Mon./Wed. Thursday Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm 1:00 pm	Weaving Ceramics Wood/Straw Shopping/Errands Exercise Tinsmithing	<b>SANTA CRUZ</b> Tuesday Monday Tuesday Thursday Tuesday Wednesday	9am/12:30pm 12:30 pm 12:30 pm 12:00 pm 10:00 am 1:00 pm
Coffee Pool/Cards Open Crafts Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Bingo Movie Day	<b>LUISA</b> Mon. thru Fri. Mon. thru Fri. Thursday Monday Tuesday Wednesday Friday Last Thurs. of Month	8:00 am 8:00 am 9:00 am 12:30 pm 11:45 am 9:00 am 1:00 pm 1:00 pm	Coffee Bingo Toastmasters Art Technique Exercise	<b>VENTANA DE VIDA</b> Mon. thru Fri. Monday Monday Tuesday Mon./Wed./Fri.	11:00 am 1:00 pm 6:30 pm 1:00 pm 8:30 am
Guitar (Beg.) Exercise (Open) Pool/Cards Hospice Crafts Tai Chi Chuan Bingo Tai Chi Quilting Jewelry Making Ceramics Wood/Straw Spanish Sing-A-Long Knitting Movie Day	<b>M.E.G.</b> Mondays Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. Mon./Wed. Mon./Wed. Monday Tuesday Wed./Fri. Thursday Wed./Fri. Friday 3 <sup>rd</sup> Fri. of Month	9:00 am 8:00 am 8:00 am 1:00 pm 8:00 am 1:00 pm 8:00 am 10:00 am 9:00 am 9:30 am 9:30 am 11:30 am 2:30 pm 1:00 pm	Coffee Ceramics Open Crafts Bingo Wood/Straw Sewing  Yoga Yoga Tai Chi Clay Tapestry Weaving Bridge	<b>VILLA CONSUELO</b> Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Wednesday  <b>ELDORADO</b> Monday \$3.00 Friday, Free Wednesday, Free Monday Thursday Thursday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 9:00 am  10:30 am 1:30 pm 10:45 am 1:00 pm 1:00 pm 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4721.

# ACTIVITIES *schedule by class*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

## ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:00 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

## BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

## BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00am	Mon. thru Sat.

## CERAMICS/CLAY

Chimayo	1:00 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood (Advanced)	1:00 pm	Tuesday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	1:00 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.
El Rancho	1:00 pm	Thursday
Pasatiempo	1:00 pm	Thursday
Eldorado	1:00 pm	Monday

## COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

## CROCHET/EMBROIDERY/KNITTING

Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday
Edgewood	12:30 pm	Friday

## EXERCISE

M.E.G. (Open)	8:00am-4:30pm	Mon. thru Fri.
Pasatiempo	10:00 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30 am	Mon./Wed./Fri.
Santa Cruz	10:00 am	Tuesday
Rio en Medio	9:30 am	Wednesday
Edgewood	10:30 am	Tuesday

## GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

## JEWELRY MAKING

M.E.G.	9:00 am	Tuesday
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## LINE DANCING

Pasatiempo (Beg.)	12:00 pm	Tuesday
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## MARTIAL ARTS

Karate - Pasatiempo	9:30 am	Tuesday
Tai Chi - Pasatiempo	9:00 am	Thursday
Tai Chi - Eldorado	10:45 am	Wednesday
Tai Chi - M.E.G.	8:00 am	Mon./Tues.

## MOVIE DAY

Luisa	1:00 pm	Last Thursday
M.E.G.	1:00 pm	Third Friday

## OPEN ARTS & CRAFTS

Chimayo	1:00 pm	Tuesday
El Rancho	12:00 pm	Thursday
Villa Consuelo	9:00 am	Mon./Wed./Fri
Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Friday

## POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.
Eldorado	1:00 pm	Thursday

## QUILTING/SEWING

M.E.G.	10:00 am	Monday
Pasatiempo (sewing)	1:00 pm	Friday
Villa Consuelo	9:00 am	Wednesday

## SING-A-LONG

Luisa (Spanish)	11:45 am	Tuesday
Luisa	12:30 pm	Monday
(Sounds of the past)		
M.E.G. (Spanish)	11:30 am	Wed./Fri.

## TINSMITHING

Santa Cruz	1:00 pm	Wednesday
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## WEAVING

El Rancho	9:00 am	Mon./Wed.
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	1:00 pm	Monday
Eldorado	1:00 pm	Thursday

## WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

## TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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## YOGA

Eldorado	10:30 am	Monday \$3.00
Eldorado	1:30 pm	Friday

# ACTIVITIES



## March Birthday Celebrations

Join us during the lunch hour in celebrating birthdays at the following senior centers.

Luisa: Friday, March 7<sup>th</sup> at 11:00 a.m.  
 Ventana de Vida: Friday, March 14<sup>th</sup> at 11:00 a.m.  
 El Rancho: Wednesday, March 26<sup>th</sup> at 12:00  
 Mary Esther Gonzales: Friday, March 14<sup>th</sup> after lunch  
 Edgewood: Thursday, March 27<sup>th</sup> at 12:30 p.m.



## Spring Dance

Toss off those winter blues!

On Thursday, April 3<sup>rd</sup>

come to the Spring Dance at the  
 Fraternal Order of Eagles

833 Early St. 1:00 p.m. to 4:00 p.m.

Music by Camino Oscuro

Refreshments will be served

Admission is \$2.00 for seniors age 60+

Please Bring your Senior Membership Card

Sponsored by El Rancho Senior Center

## Edgewood AARP Tax Aide

Edgewood Senior Center

March 7<sup>th</sup>, 14<sup>th</sup>, and 28<sup>th</sup>, April 11<sup>th</sup>.

Free service for seniors.

Look to the full page ad in this issue of  
 the Senior Scene for the locations and times of  
 other income tax filing assistance!

## Music at Pasatiempo Center

Fridays from 11:30 to 12:30, come hear  
 Frankie and Jimmy make some terrific music!

## Villa Consuelo's Monthly Potluck

Come enjoy good food and good people at the  
 monthly potluck hosted by the residents of the Villa  
 Consuelo Center at 1200 Camino Consuelo.

The lunch will be on Wednesday, March 19<sup>th</sup> from  
 11:30 a.m. to 12:30 p.m.

Seniors - bring a dish or \$1.50 donation.

Menu: (Potluck, therefore subject to change)

Turkey with Veggie / Stuffing with Gravy

Sweet Potatoes

Mashed Potatoes

Green Chile Stew

Broccoli Rice

Salad/Bread

Cake for Dessert



## Ice Cream Social up North

It's never too cold for ice cream, even at our  
 northern senior centers! Join the wonderful folks at  
 the El Rancho Senior Center as they offer up ice  
 cream delights, free of charge. Come on  
 Wednesday, March 26<sup>th</sup> right around noon (or come  
 earlier and join them for lunch, too!).

For more information, call 955-4725.

## 50+/Senior Olympics March Events

Air Gun – March 4<sup>th</sup> & 5<sup>th</sup>, 9:00 a.m. to 4:00 p.m.

Basketball Free Throw - March 5<sup>th</sup>, 9:00 a.m.

Racquetball - March 13<sup>th</sup>, 9:00 a.m.

Bowling - March 25 to March 28, 12:30 p.m.

Swimming - March 29<sup>th</sup>, 7:00 a.m. warm-up

8:00 a.m. competition

Please call 955-4721 for locations and other  
 information.

# ACTIVITIES

## **Look Back in Time Your History is Unforgettable!**

Your history is precious – share it with us in a lively, interactive hour that will remind you just how much fun it can be to walk down memory lane. Presenter Mary Neighbour will encourage participants to share their own stories while viewing a “reminiscence slide show” of images from the 1930’s and ‘40’s. Sign up now!

Date: Tuesday – March 25<sup>th</sup>

Time: 1:00 – 2:00 p.m.

Place: Mary Esther Gonzales Senior  
Center, 1121 Alto Street

To Register: Call Lugi Gonzales - 955-4711

## **Free Writing Workshop “Memories of Santa Fe in the 1940s and 1950s”**

Published author Robert Wolf will conduct another writing workshop for seniors at the Mary Esther Gonzales Senior Center. Wolf’s 2006 book by Santa Fe Seniors “Ayer Y Ahora”, won the 2006 Heritage Preservation Award for Publication.

This workshop will be held March 24<sup>th</sup>, 25<sup>th</sup>, and 26<sup>th</sup> from 9 a.m. to 4:30 p.m. and is free of charge. Workshop participants will also take an hour to participate in the “Your History is Unforgettable” workshop on the 25<sup>th</sup>.

Everyone with a story to tell of Santa Fe in the 1940’s and 1950’s is invited to attend. Stories will be published in a book commemorating Santa Fe’s 400<sup>th</sup> anniversary in 2010.

The workshop is limited to 20 participants and is on a first come – first served basis.

Please call 955-4721 to register.

## **Easter Lenten Potluck Meal**

The Luisa Senior Center will host a Lenten potluck dinner on Thursday, March 20<sup>th</sup> starting at 3:30 p.m. All seniors are invited to bring a favorite dish and enjoy!

For more information, please call Christine at 955-4715.



## **Pasatiempo Bake Sale**

Come fill your tummies with yummys! Seniors make the best baked goods. Proceeds go to Pasatiempo Senior Center at 664 Alta Vista Street. Join us on Friday, March 7<sup>th</sup> from 9:00 a.m. until all the goodies are gone.



## **Good Friday**

Friday, March 21<sup>st</sup> all Senior Centers will close at noon. No congregate meals – Meals on Wheels only. Transportation will run 8:00 to 11:30 only.

## **Pasatiempo Lenten Meal on Good Friday**

You are invited to the Pasatiempo Senior Center on Good Friday, March 21<sup>st</sup> from 10:30 a.m. to 12:30 p.m. for their Lenten meal.

Menu: Torta de Huevo with Red Chile & Beans  
Quelites a la Mexicana  
Sopaipilla  
Panocha for dessert

Come enjoy a delicious meal for \$4.00 and support Pasatiempo Senior Center.

# ACTIVITIES

## Mobile Health Fair Van

Free services for any age: health assessments, health education, finding affordable healthcare in your community, Medicaid registration, and answers concerning eligibility for many payment options. This service is sponsored by Santa Fe County, St. Vincent Regional Medical Center & Presbyterian Medical Services. For more information, call Angela Thorndyke, RN, Mobile Health Van Nurse at 231-2382.



March 3 <sup>rd</sup>	Edgewood Senior Center 10am-2pm
March 10 <sup>th</sup>	El Rancho Comm. Center 10am-2pm
March 11 <sup>th</sup>	Abedon Lopez Community Center (Santa Cruz) 10am-2pm
March 12 <sup>th</sup>	Rio en Medio 10am-2pm (Free total cholesterol clinic)
March 17 <sup>th</sup>	Chimayo Senior Center 10am-2pm
March 19 <sup>th</sup>	MEG Senior Center 10am-3pm
March 24 <sup>th</sup>	Luisa Center 10am-3pm
March 25 <sup>th</sup>	Pasatiempo 10am-3pm
March 26 <sup>th</sup>	Pojoaque Senior Center 10 am-3pm (Pueblo of Pojoaque)
March 31:	Villa Consuelo 10am-3pm

## Day Trips to El Santuario de Chimayo

The annual DSS trips to El Santuario de Chimayo will be on Wednesday, Thursday, and Friday, March 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup>.

The bus will depart from the Mary Esther Gonzales Senior Center at 9:00 a.m. Mass begins at 11:00 a.m. followed by lunch at the Chimayo Senior Center. The transportation fee is \$4.00 per person and a suggested donation of \$1.50 for lunch at the Benny Chavez Senior Center. Please bring you ID card for lunch.

Space is limited, so be sure to call Lugi (955-4711) to register.

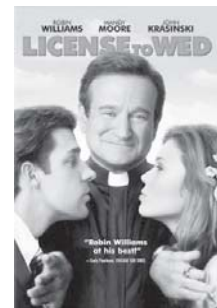


## Movie Days

Luisa Senior Center  
Thursday, March 27<sup>th</sup>  
at 1:00 p.m.

### "License to Wed"

Newly engaged Ben Murphy (John Krasinski) and Sadie Jones (Mandy Moore) encounter a roadblock to their trip down the aisle when her unusual pastor, Father Frank (Robin Williams), insists they go through a tough and quirky pre-nup course before he'll marry them. Since Sadie dreams of having a traditional wedding at her family church, the two agree to the marital boot camp – but find it puts their relationship through some unexpected challenges. (PG-13)



Mary Esther Gonzales  
Senior Center  
Friday, March 28<sup>th</sup> at 1:00 p.m.

### "No Reservations"

In this remake of the award-winning European romantic comedy *Mostly Martha*, Catherine Zeta-Jones plays Kate, an emotionally fragile chef whose life is turned upside down when she becomes guardian of her niece (Abigail Breslin). Used to absolute control — both in her kitchen (which she rules with an iron hand) and at home — Kate now faces chaos on all fronts, as both the child and her new sous chef (Aaron Eckhart) work their way into her heart. (PG)



## Basic Genealogy Classes

This free class, taught by local genealogist José Garcia, is for people who want to start exploring their personal genealogy.

Reservations for the next course, consisting of 4 classes, can be made by calling 955-4721. The next set of classes will be held at the Mary Esther Gonzales Senior Center, 1121 Alto St. on Fridays at 9:00 a.m. on the following dates:

Friday, March 7 <sup>th</sup>	Friday, March 21 <sup>st</sup>
Friday, March 14 <sup>th</sup>	Friday, March 28 <sup>th</sup>

# ACTIVITIES

## Evercare Medical Special Needs Plan

Those seniors with Medicare Parts A and B, as well as disabled residents or residents with long-term or chronic illnesses are invited to the following Evercare informational meetings. An enrollment specialist will be present with information and enrollment packets.

Evercare Benefits include:

- Transportation
- Preventive Dental
- Hearing Aid Benefit/Hearing Exam
- Routine Foot Care
- Eye Exam – Eye Glasses Benefit
- Prescription Drug Coverage
- Personal Care Products

Meetings are at the following senior centers:

Pasatiempo	Wed. March 5 <sup>th</sup> 11:00 a.m.
Chimayo	Wed. March 12 <sup>th</sup> 11:00 a.m.
Ventana De Vida	Friday, March 14 <sup>th</sup> 11:00 a.m.
Villa Consuelo	Wed. March 19 <sup>th</sup> 11:00 a.m.
Edgewood	Thurs. March 27 <sup>th</sup> 12:00 p.m.
El Rancho	Wed. April 16 <sup>th</sup> 11:00 a.m.
M.E.G. Center	Friday, April 18 <sup>th</sup> 11:00 a.m.
Rio En Medio	Wed. April 30 <sup>th</sup> 11:00 a.m.
Santa Cruz	Tues. May 6 <sup>th</sup> 11:00 a.m.
Luisa	Wed. May 14 <sup>th</sup> 11:00 a.m.

Evercare Medicare Advantage Plans are offered by United Healthcare Insurance Company or other organizations with a contract. For more information, contact Evercare at (888) 685-8480 or Joseph Tafoya directly at (505) 449-4912.

## Poison Prevention Presentation

March 16-22, 2008 is National Poison Prevention week. Ina Bawaya, Public Health Educator with the New Mexico Poison and Drug Information Center, will speak on *Poison Prevention for Seniors* March 19<sup>th</sup>, 2008 at 9:00 a.m. at the Mary Esther Gonzales Senior Center.

Topics to be discussed include types of poison, medication safety, the Vial of Life program, and tips for poison prevention.

For more information, call 955-4760.

## Luisa's Valentines Ice Cream Social

On Thursday, February 14<sup>th</sup>, the Luisa Senior Center hosted a wonderful ice cream social!

David Lescht of "Outside In" provided the entertainment consisting of the talented Chris Abeyta, Amado Abeyta and Don

Lovato. Staff and volunteers served Haagen-Dazs ice cream, fresh bananas and toppings and there were hearts and smiles all over the place!



### Weekend Activities

#### Ice Cream Social at Ventana de Vida

Residents at Ventana de Vida senior community invite you to their ice cream social with live entertainment. Come have some complimentary ice cream and enjoy the free entertainment. You can make your very own ice cream sundae – just the way you like it!

Yummy Yummy!

Saturday, March 15<sup>th</sup> at 2:00 p.m. to 4:00 p.m. at 1500 Pacheco St.

#### Frito Pie Fundraiser for Luisa Senior Center

Take some time from your day and join us in a Frito Pie and soft drink for only \$3.50. We will also have entertainment.....so come and join us!

Proceeds will benefit the Luisa Senior Center.

Saturday, March 29<sup>th</sup> from 11:00 a.m. – 1:30 p.m. at 1522 Luisa St. (enter from Columbia, off St. Francis)

# 50+ SENIOR OLYMPICS

## March is here and 50+/Senior Olympians are Rearing to Go!

I cannot believe that it is already March 2008! Can you? It seems only yesterday that we were exchanging gifts over the holidays and here we are in the 3<sup>rd</sup> month of the year. And, with March, our 50+/Senior Olympics events begin. The March and April events are as follows:

### March 2008:

Air Gun	March 4 and 5
Basketball Free Throw	March 6
Racquetball	March 13
Bowling	March 25, 26, 27, 28
Swimming	March 29

### April 2008:

Shuffleboard	April 10 and 11
Darts	April 15
Eight Ball Pool	April 18
Archery	April 22
Table Tennis	April 24
Horseshoes	April 29 and 30

For more information regarding these events, look in the 2008 50+/Senior Olympics Registration Booklet or call me at 955-4754.

For your convenience, we will have registration tables at Genoveva Chavez Community Center and Fort Marcy on:

March 11 - Ft. Marcy	8:30 to 11:30
March 14 - GCCC	9:00 to 12:00

If you have not already registered for 50+/Senior Olympics, remember that the deadline is March 14. Requests to register after that will be considered on a case by case basis.

Registration fees are \$20 payable by check or money order made out to SAC (Senior Activity Corporation).

Hope to see you soon at one of our registration sites and, most especially, at one of our events!



Besides time fleeting by us, one of the things that is constant in our lives is change. We have already experienced so many changes this year. Some of our dearest Senior Olympians are no longer with us for various reasons.

One such person is Laura Lujan. Laura was a charter member of the City of Santa Fe Senior Olympics and became involved in 1994, I believe. For years, she was an integral member of the Senior Olympics Advisory Committee and held the position of Treasurer for several terms.

In addition, she and her cohort, Art Baca, spent countless volunteer hours dedicated to the local and State Senior Olympics activities. I would like to express my greatest appreciation for all their time and efforts. The program would not have run as smoothly without them.

Due to other commitments, Art resigned from the 50+ Senior Olympics Advisory Committee in late 2007. But, he will still be the golf event manager for us, so we don't have to say goodbye.

Laura has recently relocated to Albuquerque to be nearer to her close family members. Although we understand her need to move on, we are acutely feeling a sense of loss. Our Senior Olympics will not be the same without her.

Laura, we wish you all the best and you will always hold a special place in our hearts.

Hasta luego,  
Carmen

# *Rx-America Group, Inc.*

**Rx-America Group, Inc.** is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or who have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx-America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Telephone Number \_\_\_\_\_ Best Time to Call \_\_\_\_\_

Prescription \_\_\_\_\_ Dosage (ml. or mg.) \_\_\_\_\_

Prescription \_\_\_\_\_ Dosage (ml. or mg.) \_\_\_\_\_

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

## *HEALTH & SAFETY*

### **BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS**

***All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.*** Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), and Frances Vigil, RN, (county centers) on the following dates:

<b>M.E.G. Center</b> - First and Second Tues.	<b>March 4, 11</b>	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thurs.	<b>March 6</b>	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thurs.	<b>March 13</b>	10:00 a.m. to 11:00 a.m.
<b>Ventana de Vida Center</b> - Third Thurs.	<b>March 20</b>	11:00 a.m. to 12:00 noon
<b>Pasatiempo</b> - Third Tues.	<b>March 18</b>	11:00 a.m. to 12:00 noon
<b>Santa Cruz Center</b> - Third Wed.	<b>March 19</b>	11:00 a.m. to 1:00 p.m.

# HEALTH & SAFETY

## The Intruder Who Never Got In

This is a true story about someone trying to get into my apartment.

I live in senior housing at Alta Vista Street. It was 1:30 a.m. when I was awakened by a noise at my front door. Someone was pulling and shaking the handle of the screen door. It was loud and sounded like the person was either angry or anxious. It was probably a case of being at the wrong apartment.

That did not change things, as it was my apartment the intruder was trying to get into. I sneaked into the living room and the noise was persistent. Whomever it was continued shaking the screen door and trying to "jimmy" the lock to open the door. I went into the bedroom and turned on the built-in alarm which is very loud, and called 911. Throwing on a robe, I returned to the living room and it was quiet. That was when I became alarmed and was happy I had locked the screen door before going to bed.

Within minutes, three police officers from 911 arrived and pounded on my door. Two officers stayed outside with flashlights and checked out the area. One officer came into my apartment and the first thing he did upon entering was to turn on the outside light...it was off and it was very dark outside. Lesson No. 1...always turn on the outside light at night.

He asked me if I had a back door and when I said yes, he moved quickly to the back and turned on that outside light. The bulb was burned out, so it was very dark out back. Lesson No. 2...keep outside lights in good working order and turn on the back light as well as the front light.

Then the officer noticed that I have heavy brass latches on the inside of my front and back doors. "You are secure with that door latch" he said. It only opens three inches. Lesson No. 3...A latch on the inside of all exterior doors in the home is essential for safety and security. He then said they would patrol the area for the rest of the night and that I had done the right thing by calling 911 and that if it ever happens again, I should call 911 immediately.



So, the important lessons I share with the reader, to keep their home safe and secure are:

1. Always turn on outside lights at night.
2. Keep the lights in good working order.
3. Have a sturdy latch on doors that open to outside.

When the excitement was over and I was closing my eyes to go back to sleep, I whispered a little prayer of thanks to God, asking His mercy on the intruder and His blessing on the three officers from 911. We are fortunate to have 911 and as the officer said "Call 911 when anything like this happens." Do not wait.



## B12 Helps Maintain Your Brain

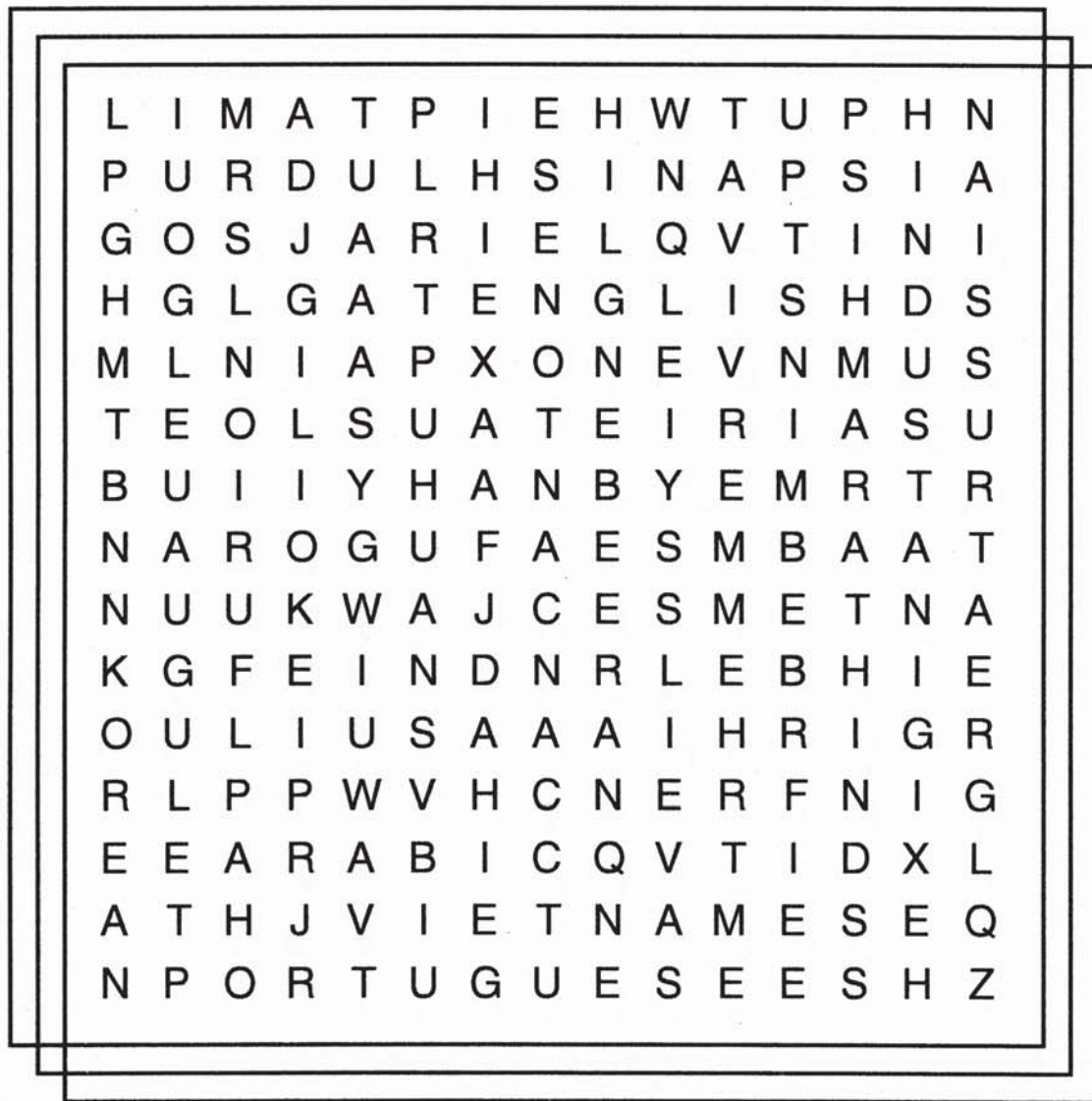
(From the AARP Bulletin January-February 2008)

Running low on vitamin B12 could hasten mental decline, a new study suggests. Published in November's American Journal of Clinical Nutrition, the 10-year study tracked 1,648 men and women age 65 and older. Previous research indicated that B12 and folic acid – another B vitamin – might help fend off Alzheimer's disease. The new study found that a lack of B12 could diminish cognitive function. The researchers, led by Robert Clarke of Oxford University, suggested that doubling B12 levels with supplements might slow such a decline by a third.

Maybe so – if the supplements can be easily absorbed, says Myrtle McCulloch, clinical assistant professor of nutrition at Georgetown University Medical Center in Washington. Older people often have trouble absorbing B12, which is found in oysters and other mollusks, fish, meat, milk and eggs. McCulloch recommends sublingual B12 supplements, which dissolve under the tongue for better absorption.

# PUZZLES

## FOREIGN LANGUAGES



W-0130

ADAGIO  
ARABIC  
BENGALI  
CANTONESE  
ENGLISH  
FRENCH  
GERMAN  
GREATRUSSIAN  
GUOYU

HINDUSTANI  
ITALIAN  
JAPANESE  
JAVANESE  
KOREAN  
MARATHI  
MIN  
POLISH  
PORTUGUESE

PUNJABI  
SPANISH  
TAMIL  
TELUGU  
TURKISH  
URDU  
VIETNAMESE  
WU

# PUZZLES

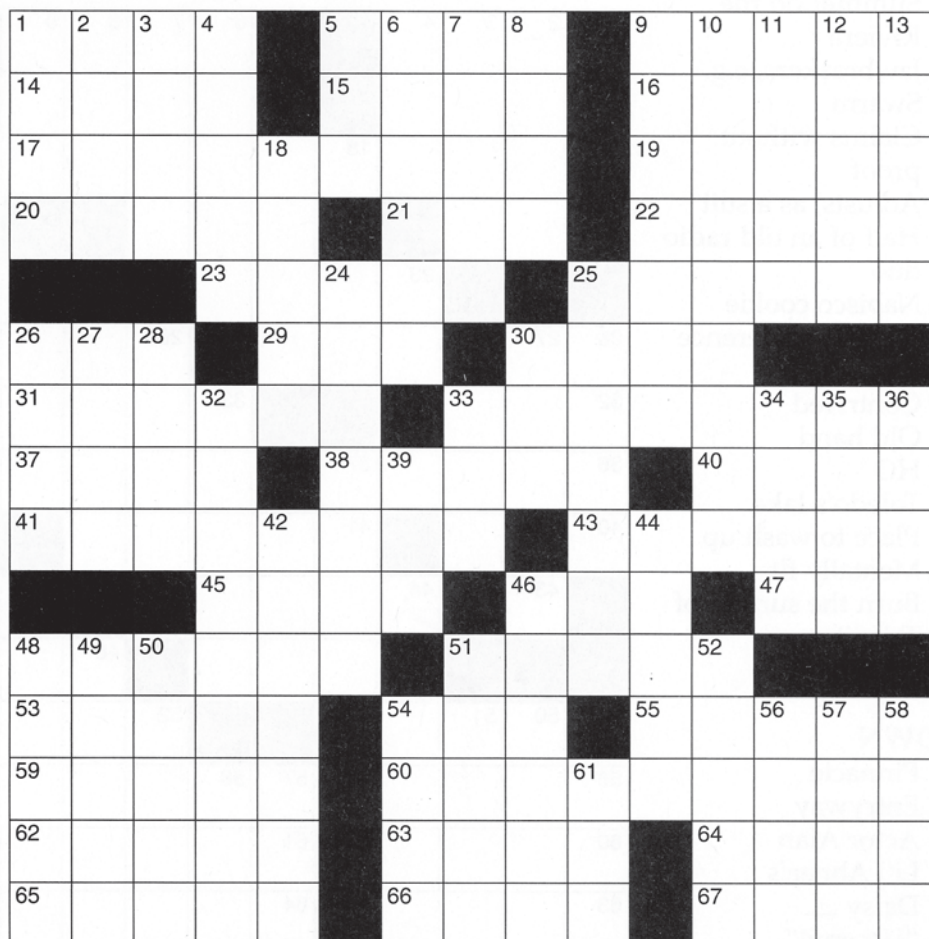
## ACROSS

- 1 Labyrinth
- 5 Murders, mob-style
- 9 Numbers on baseball cards
- 14 — Brothers of 40's–50's music
- 15 Pink, as a steak
- 16 Sign in an apartment window
- 17 Head honcho
- 19 Think out loud
- 20 Michaelmas daisy
- 21 Prefix with metric
- 22 Like most sumo wrestlers
- 23 Kind of preview
- 25 Carpenter's machine
- 26 Droop
- 29 Roadhouse
- 30 Nuisance
- 31 More smooth
- 33 Medieval weapons
- 37 Lima's land
- 38 Relatives of the English horn
- 40 Pharaohs' river
- 41 Shivered
- 43 Persians, today
- 45 Slippery
- 46 "— Mir Bist Du Schoen" (1938 hit)
- 47 Bombast
- 48 Gets the 7–10 split
- 51 Sheriff's symbol
- 53 Gypsy's deck
- 54 Have title to
- 55 Beginning
- 59 "Don't tell —!"
- 60 Head honcho
- 62 "What — to do?"
- 63 Presently
- 64 Tickle-me doll
- 65 Tapes sent to recording companies
- 66 Classic political cartoonist
- 67 Card game start

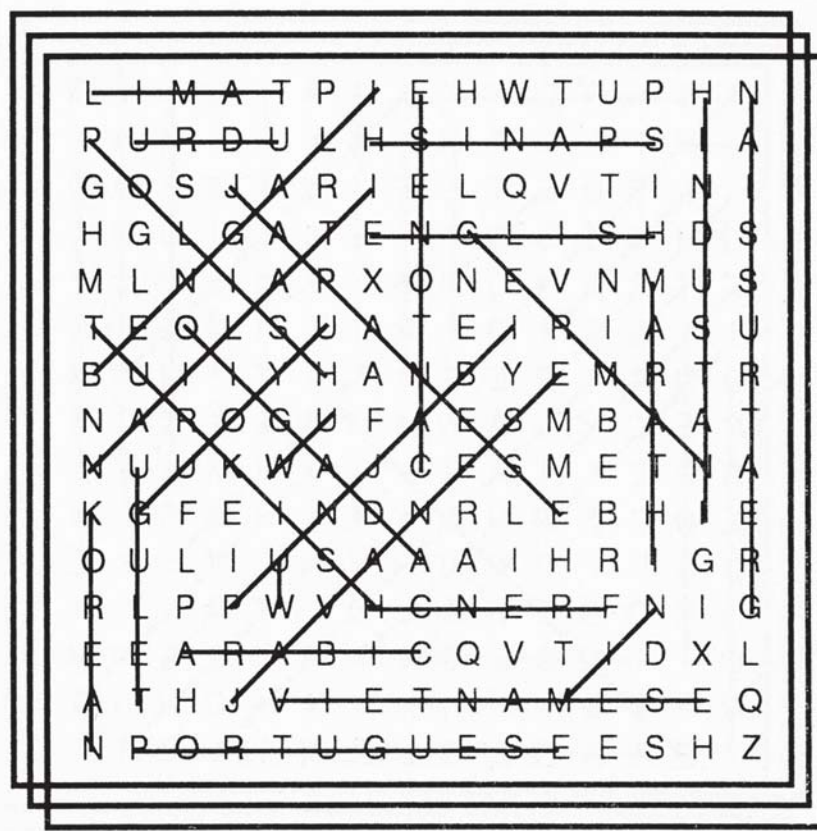
## DOWN

- 1 Doll's cry
- 2 Writer Kingsley
- 3 Piquancy
- 4 Adlai's 1956 running mate
- 5 Bobby of the Bruins
- 6 One-named 50's–60's teen idol
- 7 Search, as for weapons
- 8 Kind of lily
- 9 Informer
- 10 Head honcho
- 11 Nonnational
- 12 Uptight
- 13 One of the cattle in a cattle drive
- 18 Actor Kovacs
- 24 Signs up
- 25 Shaky
- 26 Mo. when Libra starts
- 27 Swear
- 28 Richard of "Primal Fear"
- 30 "Rue Morgue" writer
- 32 Head honcho
- 33 Pea container
- 34 Ped — (traffic caution)
- 35 Director Kazan
- 36 Meeting: Abbr.
- 39 Old Turkish pooh-bah
- 42 June bugs, e.g.
- 44 Severity
- 46 Folk music instruments
- 48 Conservative
- 49 Out of style

- 50 "— with a View"
- 51 Master, in Swahili
- 52 Closed
- 54 Neighbor of Yemen
- 56 Shoe bottom
- 57 Jane Austen novel
- 58 Hammer or sickle
- 61 Toronto's prov.



# PUZZLE ANSWERS



M	A	Z	E		O	F	F	S		S	T	A	T	S
A	M	E	S		R	A	R	E		T	O	L	E	T
M	I	S	T	E	R	B	I	G		O	P	I	N	E
A	S	T	E	R		I	S	O		O	B	E	S	E
			S	N	E	A	K		P	L	A	N	E	R
S	A	G		I	N	N		P	A	I	N			
E	V	E	N	E	R		P	O	L	E	A	X	E	S
P	E	R	U		O	B	O	E	S		N	I	L	E
T	R	E	M	B	L	E	D		I	R	A	N	I	S
			E	E	L	Y		B	E	I		G	A	S
S	P	A	R	E	S		B	A	D	G	E			
T	A	R	O	T		O	W	N		O	N	S	E	T
A	S	O	U	L		M	A	J	O	R	D	O	M	O
I	S	O	N	E		A	N	O	N		E	L	M	O
D	E	M	O	S		N	A	S	T		D	E	A	L

# SENIOR CENTER LUNCH MENU

## MARCH 2008

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b> BEEF TIPS OVER WHITE RICE W/ BROWN GRAVY BROCCOLI MEDLEY TOSSED SALAD WW ROLL FRESH STRAWBERRIES	<b>4</b> STUFFED CHILE RELLENO W/ GREEN CHILE & TOPPING SEASONED PINTO BEANS BUTTERED SQUASH & CORN W/ CHEESE TOPPING SPANISH FLAN	<b>5</b> SOUTHERN STYLE CHICKEN FRIED STEAK W/ WHITE GRAVY MASH POTATOES BUTTERED PEAS FRUIT DANISH WW ROLL	<b>6</b> NEW MEXICO RED CHILE BEEF ENCHILADAS WITH SOUR CREAM & TOPPING SPANISH RICE TOSSED SALAD APPLE COBBLER WW TORTILLA	<b>7</b> BAKED FISH CORN & BELL PEPPERS MASH POTATOES W/ GRAVY WW ROLL FRESH PEAR
<b>10</b> NEW YORK CITY PHILLY CHEESE STEAK BUTTERED BROCCOLI SEASONED FRENCH FRIES FRESH HONEY DEW	<b>11</b> HOME-STYLE CARNE ADOVADA SEASONED PINTO BEANS BUTTERED SPINACH WW TORTILLA SWEET RICE W/ TOPPING	<b>12</b> TRADITIONAL 3 CHEESE MEAT LASAGNA TOSSED SALAD ITALIAN VEGGIES GARLIC BREAD STICKS APPLE PIE W/ TOPPING	<b>13</b> OVEN BAKED CHICKEN BUTTERED GREEN BEANS SCALLOPED POTATOES CARROT RAISIN SALAD WW ROLL	<b>14</b> TUNA SALAD WITH EGG NOODLES CRACKERS TOSSED SALAD PEACHES
<b>17</b> <b>ST. PATRICK'S DAY!!!</b> CORN BEEF WITH CABBAGE BUTTERED BROCCOLI PARSLEY POTATOES LIME SHERBET WW ROLL	<b>18</b> SOUTHWEST CHICKEN & BEEF FAJITAS W/FIXINGS SOUR CREAM & SALSA SEASONED PINTO BEANS POTATOES W/ ONIONS APPLE TURNOVER	<b>19</b> TEXAS STYLE BBQ BEEF BRISKET SEASONED COLLARD GREENS BAKED BEANS PINEAPPLE SALAD WW ROLL	<b>20</b> PORK LION W/ DRIED FRUIT STUFFING & BROWN GRAVY BLACK EYE PEAS WW ROLL PEACH COBBLER	<b>21</b> <b>GOOD FRIDAY!!!</b>  <b>MEALS ON WHEELS ONLY!!!</b>
<b>24</b> SOUTHERN STYLE BBQ PORK RIBS(2) CREAMY COLESLAW SEASONED SPINACH W/ BACON PECAN PIE W/ WHIP TOPPING WW ROLL	<b>25</b> OLD FASHIONED MEATLOAF W/ SAUCE SCALLOPED POTATOES BUTTERED MIX VEGGIES WW ROLL FRESH GRAPES	<b>26</b> SOFT CHICKEN TACOS(2) W/ FIXINGS SOUR CREAM & SALSA SPANISH RICE APRICOTS	<b>27</b> RED CHILE W/ BEEF & POTATOES SEASONED PINTO BEANS PIE W/ WHIP TOPPING WW TORTILLA	<b>28</b> PORK CARNITAS W/ GRILLED PEPPERS ONIONS & SALSA SPANISH RICE SEASONED PINTO BEANS WW TORTILLAS FRESH CANTALOUPE
<b>31</b>  <b>COOK'S CHOICE!!!!</b>				<b>HAPPY EASTER!! HAPPY EASTER!! HAPPY EASTER!!</b>

Please Note: Senior Meal Suggested Donations: Breakfast \$1.00. Lunch \$ 1.50  
Non-Senior (under 60 years) Meal Fees: Breakfast \$3.00, Lunch \$5.40



City of Santa Fe  
Division of Senior Services  
200 Lincoln Ave.  
Santa Fe, New Mexico 87504-0909

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